## INTRODUCTION

Nutrition and diet expert Carrie Wiatt, creator of the P90X Nutrition Plan, has developed an individualized approach to healthy eating that has made her a leading lifestyle educator in her work as an author, consultant, media personality, and chef. At Diet Designs, her Los Angeles-based nutrition company, Carrie combines fresh, upscale cuisine with low-fat preparation, portion control, and personalized counseling. After years of practice, Carrie compiled her proven techniques in her first book, *Eating by Design: The Individualized Food Personality Type Nutrition Plan.* Her second successful book, *Portion Savvy,* presents a 30-day plan for controlled eating and food management. Wiatt's ability to bridge the gap between science and food circles has made her a sought-after media expert on healthy living.

Your body doesn't run on exercise. It runs on the food you put in your mouth. The goal of this book is to help you learn what kinds of food, how much, and when to eat so that you can lose fat, get lean, and get into incredible shape. Be warned. If you want real results from your exercise program (AND WE MEAN INCREDIBLE RESULTS!), skipping this nutrition plan is NOT an option. Establishing and maintaining the right kind of diet is just as important to your overall success as any workout. In fact, some may consider the diet the toughest exercise- but it is absolutely key to achieving your best results.

Once you incorporate the principles of the P90X Nutrition Plan into your life, you will quickly begin to feel better, look better, and without a doubt, perform better. Your cravings for unhealthy foods will be greatly reduced. Bye-bye, Twinkies!

Because P90X is structured to challenge your body through 3 phases, this plan is designed to change right along with your workout schedule. Its 3-phase system works in tandem with the P90X routines, providing the right combination of foods to satisfy your body's energy needs every step of the way, with no unhealthy gimmicks.

### PHASE 1
days 1-28
### FAT SHREDDER

*A high-protein-based diet designed to help you strengthen muscle while rapidly shedding fat from your body.*

### PHASE 2
days 29-56
### ENERGY BOOSTER

*A balanced mix of carbohydrates and protein with a lower amount of fat to supply additional energy for performance.*

### PHASE 3
days 57-90
### ENDURANCE MAXIMIZER

*An athletic diet of complex carbohydrates, lean proteins, and lower fat with an emphasis on more carbohydrates. You'll need this combination of foods as fuel to get the most out of your final training block and truly get in the best shape of your life!*

Keep in mind that there are basically three types of people when it comes to following a nutrition plan: those who adhere to the guidelines and follow the plan to a tee; those who follow only the basics, eliminating foods that are high in fat and sodium; and those who read these words and then continue to eat the way they're accustomed to. If this last group describes you, now is the time to make a change. Your commitment to getting in the best shape of your life depends on it. Just take comfort in knowing that the fundamentals of this plan are simple and easy to follow, and that you can always go back to your old habits after the 90 days. (Doubt you will, though!)

There are two diet approaches presented in the P90X Nutrition Plan. The choice is yours as to which one will work best for you. Keep in mind that you can stick with one plan throughout the entire 90 days, or alternate the plans to adjust to your lifestyle and maximize your results.

## THE PORTION PLAN 1

*This plan is designed for those who don't have a lot of time or patience to prepare a meal that involves more than one or two steps. It is definitely better suited to those who don't like to cook and follow recipes.*

## THE MEAL PLAN 2

*By following the daily meal plans, you'll not only take the guesswork out of your daily food preparation, but you'll also enjoy a variety of delicious, healthy, and low-fat recipes that will provide you with the proper amount of nutrition and energy to get the most out of your P90X workouts.*

## PROGRESS ASSESSMENT

Please take a few moments to record your current body fat percentage and determine your nutrition level. The data you provide will determine how much food you need (and how much you don't need) while you go through P90X.

## BODY FAT TARGET

| | *FIT RANGE* | *ATHLETE RANGE* | *ELITE ATHLETE RANGE* |
|---|---|---|---|
| **MEN** | 14-17% | 10-13% | 4-9% |
| **WOMEN** | 21-24% | 16-20% | 12-15% |

Lowering your body fat and increasing lean muscle mass is essential to your overall success. Because of this, it is important to track your progress throughout this program by measuring and recording your body fat percentage at the end of each phase.

To get started, use the body fat measurement you assessed prior to taking your Fit Test (see the P90X Prep section of the *P90X Fitness Guide*), or simply use a body fat caliper (available at Beachbody.com) and record your results here.

| | *CURRENT BODY FAT %* | *NOTES* |
|---|---|---|
| *Start (Prior to Day 1)* | | |
| *Day 28 (Phase 1 complete)* | | |
| *Day 56 (Phase 2 complete)* | | |
| *Day 90 (Phase 3 complete!)* | | |

## DETERMINE YOUR NUTRITION LEVEL

Your nutrition level is based on the daily amount of calories your body needs for optimal health and performance during this extreme fitness program.

To determine your nutrition level, simply complete the following 4 steps.

## 1

_Calculate your resting metabolic rate (RMR). This is basically the number of calories you need to breathe, pump blood, grow hair, blink-be alive.

*YOUR BODY WEIGHT* x 10 = *RMR (IN CALORIES)*

## 2

_Calculate your daily activity burn, the calories required for daily movement apart from exercise.

Keep in mind that all lifestyles aren't created equal. A construction worker will have a higher daily burn rate than a computer programmer, so this figure should be treated as a ballpark estimate. You will probably need to do some personal adjusting to get it perfect. Don't worry, this will become more obvious than you think once you get going.

*YOUR RMR* x 20% = *DAILY ACTIVITY BURN*

## 3

_Add the calories required for your exercise needs, which we have calculated at 600 calories per day for the P90X program.

Add it all up and you've got your energy amount.

*YOUR RMR* + *DAILY ACTIVITY BURN* + 600 = *ENERGY AMOUNT*

## 4

_Now use your energy amount to determine your nutrition level in the table below.

Example: A 6-foot, 180-pound man
RMR = 180 (body weight in pounds) x 10=1800
Daily activity burn = 1800 (RMR) x 20% = 360
Exercise expenditure = 600
Energy amount = 1800 +360 +600=2760
Nutrition level = II

| *YOUR ENERGY AMOUNT* | *NUTRITION LEVEL* | |
|---|---|---|
| 1800-2399 | 1800 calories/day | **LEVEL I** |
| 2400-2999 | 2400 calories/day | **LEVEL II** |
| 3000+ | 3000 calories/day | **LEVEL III** |

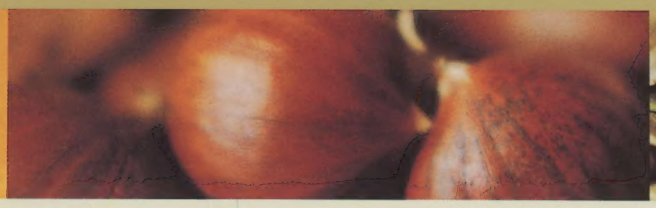
**YOUR NUTRITION LEVEL =**

## THE 3 PHASES

Like the P90X exercise program, the P90X Nutrition Plan is divided into 3 progressive phases calibrated to move from fast, efficient fat loss (Phase 1) to peak energy (Phase 2) to lasting success (Phase 3). The proportions of the diet change with each phase, so it's important to follow the instructions for your current phase.

The nutritional proportions for each of the 3 phases are as follows.

| | *PHASE* | *GOAL* | *PROTEIN* | *CARBOHYDRATE* | *FAT* |
|---|---|---|---|---|---|
| **PHASE 1** | FAT SHREDDER_ Days 1-28 | Strengthen muscle and shed excess body fat | 50% | 30% | 20% |
| **PHASE 2** | ENERGY BOOSTER_ Days 29-56 | Maintain Phase 1 changes with additional energy for midstream performance | 40% | 40% | 20% |
| **PHASE 3** | ENDURANCE MAXIMIZER_ Days 57-90 | Support peak physical performance and satisfaction over the long term | 20% | 60% | 20% |



*keeping a daily journal*

## GENERAL GUIDELINES

Research shows that one of the most powerful ways to successfully change your eating habits is to keep a daily journal. By logging your food intake and exercise, you keep yourself accountable while also creating a space to express your thoughts and feelings. You'll no longer have to remember what worked and what didn't. You can look back on your log to track your journey and fine-tune your fitness plan to your personal experience and needs. You'd be surprised how often you find that bad moods are associated with bad foods.

You'll find a daily journal for each week of P90X included at the back of this book. Try to carry your current journal page with you so you can track meals as you eat them and jot down thoughts as they arise.

## WHY DIET MATTERS

A large body of scientific evidence shows that diet and exercise work hand in hand to promote fitness and physical performance. One reason for this symbiotic relationship is the energy equation. When you expend more calories than you consume, you burn body fat (a.k.a. "stored energy") and build lean body mass-but because you need energy to exercise, every calorie you eat must be of the highest quality to get you over the hump.

As Tony says, "The better the car, the better the fuel you need to make it run as designed." We are making you into a better car, so it's time for some high-octane grub!

Another reason diet matters is metabolism. Anutrient-dense, interval-based eating program keeps you metabolic rate high to burn fat at the maximum even when you're not working out. Finally, a healthy diet regulates blood sugar to balance hormonal secretions, promoting optimal fat burn and a steady fuel supply. All this works together to get you into peak condition in 90 days.

## WHAT RESULTS TO EXPECT

The P90X Nutrition Plan is designed to optimize energy and fat loss while working with your exercise plan to build strength and lean muscle mass. This dramatic change in your physical composition means that you might not see a big difference on the scale because you'll be trading fat for lean, strong muscle-and you will not only see, but you will definitely feel the difference in your bldy. Unlike other diets that focus on the relatively meaningless measure of weight, you'll use body fat percentage and self-perceived energy to guide you to your goal. This program is for real.

## THE NUMBER ONE OBSTACLE

The number one obstacle to success is underestimating portion size. Calories DO count in the energy equation, and small errors can add up to big disappointments. It's very important to measure each portion accurately at every meal, the way we've outlined here. It might sound like a lot of work, but after 90 days it will be second nature. after 90 days you will know how to eat. Think of this plan as a graduate degree in eating, and you'll graduate in only three months.

### OTHER "DON'TS" THAT CAN DERAIL YOUR DIET INCLUDE:

- _ Skipping meals and eating off schedule.
- _ Following fads and trends, such as over-emphasizing certain food groups and excluding others (can you say "Athins"?).
- _ Not planning ahead with your food choices.
- _ Skimping on fruits and vegetables, your natural supply of anti-aging nutrients.

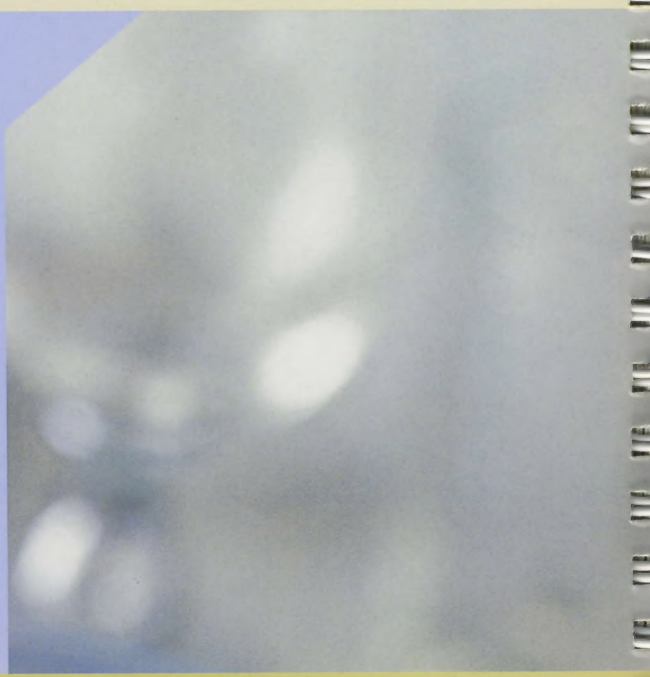
## DRINK WATER

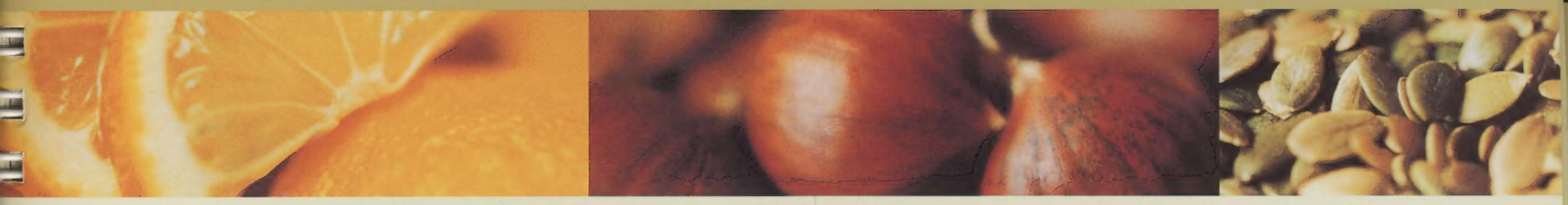
Drinking enough water is a vital part of any conditioning program, as it aids every aspect of bodily function. You should drink at least six to gight 12-ounce glasses of noncarbonated water each day. The following water consumption guidelines relate specifically to your P90X workout:

- 12 oz. water to hours prior to exercise
- 8-12 oz. water 15 to 30 minutes prior to exercise
- 4-8 oz. water every 15 minutes during exercise

### GENERAL HYDRATION GUIDELINES:

- No sodas or flavored waters
- Choose caffeine-free coffee and tea





*keeping a daily journal*

## GENERAL GUIDELINES

Research shows that one of the most powerful ways to successfully change your eating habits is to keep a daily journal. By logging your food intake and exercise, you keep yourself accountable while also creating a space to express your thoughts and feelings. You'll no longer have to remember what worked and what didn't. You can look back on your log to track your journey and fine-tune your fitness plan to your personal experience and needs. You'd be surprised how often you find that bad moods are associated with bad foods.

You'll find a daily journal for each week of P90X included at the back of this book. Try to carry your current journal page with you so you can track meals as you eat them and jot down thoughts as they arise.

## WHY DIET MATTERS

A large body of scientific evidence shows that diet and exercise work hand in hand to promote fitness and physical performance. One reason for this symbiotic relationship is the energy equation. When you expend more calories than you consume, you burn body fat (a.k.a. "stored energy") and build lean body mass-but because you need energy to exercise, every calorie you eat must be of the highest quality to get you over the hump.

As Tony says, "The better the car, the better the fuel you need to make it run as designed." We are making you into a better car, so it's time for some high-octane grub!

Another reason diet matters is metabolism. Anutrient-dense, interval-based eating program keeps you metabolic rate high to burn fat at the maximum even when you're not working out. Finally, a healthy diet regulates blood sugar to balance hormonal secretions, promoting optimal fat burn and a steady fuel supply. All this works together to get you into peak condition in 90 days.

## WHAT RESULTS TO EXPECT

The P90X Nutrition Plan is designed to optimize energy and fat loss while working with your exercise plan to build strength and lean muscle mass. This dramatic change in your physical composition means that you might not see a big difference on the scale because you'll be trading fat for lean, strong muscle-and you will not only see, but you will definitely feel the difference in your bldy. Unlike other diets that focus on the relatively meaningless measure of weight, you'll use body fat percentage and self-perceived energy to guide you to your goal. This program is for real.

## THE NUMBER ONE OBSTACLE

The number one obstacle to success is underestimating portion size. Calories DO count in the energy equation, and small errors can add up to big disappointments. It's very important to measure each portion accurately at every meal, the way we've outlined here. It might sound like a lot of work, but after 90 days it will be second nature. after 90 days you will know how to eat. Think of this plan as a graduate degree in eating, and you'll graduate in only three months.

### OTHER "DON'TS" THAT CAN DERAIL YOUR DIET INCLUDE:

- _ Skipping meals and eating off schedule.
- _ Following fads and trends, such as over-emphasizing certain food groups and excluding others (can you say "Athins"?).
- _ Not planning ahead with your food choices.
- _ Skimping on fruits and vegetables, your natural supply of anti-aging nutrients.

## DRINK WATER

Drinking enough water is a vital part of any conditioning program, as it aids every aspect of bodily function. You should drink at least six to gight 12-ounce glasses of noncarbonated water each day. The following water consumption guidelines relate specifically to your P90X workout:

- 12 oz. water to hours prior to exercise
- 8-12 oz. water 15 to 30 minutes prior to exercise
- 4-8 oz. water every 15 minutes during exercise

### GENERAL HYDRATION GUIDELINES:

- No sodas or flavored waters
- Choose caffeine-free coffee and tea

## WHEN TO EAT

It is important to follow a regular eating schedule. First, it keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling. Second, regular meals will speed up your metabloism by challenging it to keep processing calories, rather than storing them in a game of "feast and famine."

The concept of time is crucial to everything in life-it keeps us on track, and this is especially true when it comes to eating. Success in P90X comes to those who eat early and often. You should be eating every few hours while you're awake, favoring small meals and snacks. Try to finish your last snack approximately three hours before you hit the sack. This will help keep undigested carbs from being stored as fat. If you do need to break this rule, a small protein shake would be the snack of choice before bed, as it can help your recovery during sleep.

## CUSTOMIZING THE PHASES

*While P90X is designed as a 90-day program, there are a few reasons why you might choose to extend one or more of the phases an extra week or two.*

**PHASE 1** *_especially will affect people differently. Those who are reasonably fit and have more body fat can extend this phase more easily than someone who is quite fit and doesn't have a lot of excess body fat to lose. This stage is designed to cut down your body fat percentage, and as this happens, your available energy should also decrease. Therefore, Phase 1 should only be extended if you need to drop more fat and also feel like you have ample energy to push hard during your workouts. Conversely, this phase could be shortened by a week or two if your body fat is already low and you feel like you don't have the necessary energy to get the most out of your workouts.*

**PHASE 2** *_ is more of a well-rounded eating plan, and there shouldn't be too much trouble once you get here. This stage can also be extended if you're feeling great, have plenty of energy, and it seems like you're making overall progress.*

**PHASE 3** *_ should be earned. It's an athletic diet and you'll only need it if you are pushing your body to the limit, which you should be if you keep your promise to "Bring It." Of note is that Phase 3 should be tried at some point, even if you feel good in Phase 2. We've seen many people hesitate to move back to this more carb-heavy phase for fear that they'll gain weight, but surprise ! They found that once they did, they had more energy, worked out even harder, and had better results. This is important to keep in mind. Athletes eat more carbs, and there is a reason that they do. We wouldn't put it in the plan if it weren't proven.*

*okay, let's get started.*

*big P90X step...*

Before determining which foods to incorporate into your selected eating plan, now would be a good time to get rid of all the junk food currently in your possession. Foods high in saturated and trans fats, sodium, and sugar should be the first to be thrown out (i.e., cookies, pastries, candy, processed meats, potato chips, soda, high-sodium frozen foods, canned soups, etc.). You know them. You think you love them. They are the problem. Throw them away, and don't let anyone give you more. Don't be nice. Don't take a bite. Say:"Thanks, but I'm not eating that kind of stuff for 90 days." And by the way, congratulations! You're taking this program seriously, and just remember – if you think it's junk food, it probably is.

**TOSS THE JUNK!**